



WORKING WELLNESS

Good Health is Good Business

MARCH 2012

is...

National
Nutrition
Month

Save Your
Vision Month

National
Colorectal
Cancer
Awareness
Month

with...

Brain
Awareness
Week

World Kidney
Day

American
Diabetes Alert
Day

And more!

For more
information on
these observances
or future
observances, go to
U.S. Department
of Health and
Human Services at


www.healthfinder.gov/nho.



www.UCCI.com

United Concordia went into effect January 1, 2012 as your new dental insurance. Sign up with United Concordia to gain access to all they have to offer.

- ❖ Visit *My Dental Benefits*. A section on the website that offers access to your benefits and claim information, printable ID cards, and more!
- ❖ Visit *Dental Health Center*. A section that provides information on oral health, how proper dental care, even information for your kids!
- ❖ Visit *Find A Dentist*, to find an in-network dentist in your area!
- ❖ Visit their *Glossary*. This section offers definitions of all those terms that your dentist uses!
- ❖ This website also offers access to United Concordia current and archived newsletters. If you were ever curious to learn about your teeth, here's your chance!



Sign In

Username

Password

Sign In

[Forgot Password?](#)
[Forgot Username?](#)
[Create An Account](#)

To create an account, you might need the member number that was provided on your United Concordia card. If you have any trouble creating an account or have any questions regarding your dental insurance, don't hesitate to call United Concordia at 1-800-332-0366.



SPOTLIGHT OF THE MONTH: Wellness Website and the Corner

www.ADA.org

Did you know that certain medication can affect the health your teeth?
Check out this article from the American Dental Association:

<http://www.ada.org/2594.aspx>



While you're there, check out other information offered by the American Dental Association (ADA). They are "America's leading advocate for oral health."

"Founded in 1859, the American Dental Association is the oldest and largest national dental society in the world. Since then, the ADA has grown to become the leading source of oral health related information for dentists and their patients."



Learn about their policies, more about their history and advocacy, and their "commitment to the public's oral health, ethics, science and professional advancement and access to care for all Americans."

They also offer public resource information and news about science and research from the realm of oral health.

KidsHealth.org

We've featured *KidsHealth.org* before, but we'd like to point out that they have a lot of information on there that should be easily absorbed by any child. Check out these two articles from them:

- *Your Teeth* at kidshealth.org/kid/htbw/teeth.html
- *Taking Care of Your Teeth* at kidshealth.org/kid/stay_healthy/body/teeth_care.html

It's good to teach your child the value of a healthy smile!



Putting Worry on the Back Burner

“Do you consider yourself a worrier? Do others say you worry too much? Do worries keep you awake at night or distract you during the day? Does someone you care about spend too much time worrying? If any of your answers are "yes," be sure to attend this webinar.”

March 28th
3:00PM – 4:00PM

Register at:
www.horizoncarelink.com

Login: MCBOCC
Password: MCBOCC



COMP CORNER

Providing you with continuous general information on your Workers' Compensation benefits.

No Place for Horseplay

We have enough hazards at work without someone creating new ones.

And, once someone is hurt as a result of a practical joke, **you can't take it back.**

"I'm sorry" or "We were just having some fun" won't heal a laceration, mend a broken bone or restore someone's vision.

"I thought it would be funny if..." can turn into a 911 call in an instant.

There are TV shows, movies and YouTube videos full of people doing stupid things.

There's absolutely **no place** for horseplay **at work.**

It can **only result in something bad** for everyone.

And, since horseplay is usually a **violation of policy**, those responsible may face disciplinary action...

...no matter how bad that person feels.

Horseplay might also result in a **decrease or denial** of benefits under Workers' Compensation laws if someone gets hurt.

These articles appear courtesy of our workers' compensation company, Employers Mutual, Inc. (EMI), and were selected from their monthly newsletter, *Safety Matters*. The full newsletter provides a wealth of information related to employee safety. Future EMI newsletters, or some archived newsletters can be viewed at:

www.emi-tpa.com/services/safety-matters.html

Injured workers are also encouraged to visit the Division of Workers' Compensation website at www.fldfs.com/wc where you will find extensive information such as publications, a number of databases, rules, and forms that will give you a better understanding of workers' compensation.